

## NZIFSA – 2026/27 Pair Skating – SHORT PROGRAMME ELEMENTS

Grade	Lift Elements	Jump Elements	Spin Elements	Death Spiral Elements	Choreo / Step Sequences
<p><b>Advanced Novice</b></p> <p>Time: 2:20 (+/- 10 sec)</p> <p><b>Falls: -0.5</b></p> <p><b>Component factor: 1.07</b></p> <p><b>Bonus Applies</b> 1 Bonus point for Level 2 or higher Death Spiral</p>	<ul style="list-style-type: none"> <li>• One lift of Groups 1-4                             <ul style="list-style-type: none"> <li>- One arm holds not allowed</li> </ul> </li> <li>• One twist lift                             <ul style="list-style-type: none"> <li>- Single or double</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- Double</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One solo spin combo                             <ul style="list-style-type: none"> <li>- With or without change of foot</li> <li>- Min 5 revs per foot (6 revs without change of foot)</li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>• One death spiral</li> </ul> <p><b>Maximum: Level 3</b></p>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> <li>- <u>Min 2 difficult turns &amp; steps on clean edges for level basic</u></li> <li>- <u>Twizzles need at least 2 revs</u></li> </ul> </li> </ul> <p><b>Maximum: Level 3</b></p>
<p><b>Junior</b></p> <p>Time: 2:40 (+/- 10 sec)</p> <p><b>Falls: -1.0</b></p> <p><b>Component factor: 2.67</b></p>	<ul style="list-style-type: none"> <li>• <u>Any Hip Lift take-off (Group Three)</u></li> <li>• One twist lift                             <ul style="list-style-type: none"> <li>- Double or triple</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- <u>2Lz</u> or 2A</li> </ul> </li> <li>• One throw jump                             <ul style="list-style-type: none"> <li>- double or <u>triple loop</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <u>One Pair spin combination</u> <ul style="list-style-type: none"> <li>- <u>Min 1 change of position of both partners</u></li> <li>- <u>Min 1 change of foot of both partners or NV</u></li> <li>- <u>Min 8 revs</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One <u>forward inside</u> death spiral</li> </ul>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul>
<p><b>Senior</b></p> <p>Time: 2:40 (+/- 10 sec)</p> <p><b>Falls: -1.0</b></p> <p><b>Component factor: 2.67</b></p>	<ul style="list-style-type: none"> <li>• <u>Any Hip Lift take-off (Group Three)</u></li> <li>• One twist lift                             <ul style="list-style-type: none"> <li>- Double or triple</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One solo jump                             <ul style="list-style-type: none"> <li>- Double or triple</li> </ul> </li> <li>• One throw jump                             <ul style="list-style-type: none"> <li>- Double or triple</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <u>One Pair spin combination</u> <ul style="list-style-type: none"> <li>- <u>Min 1 change of position of both partners</u></li> <li>- <u>Min 1 change of foot of both partners or NV</u></li> <li>- <u>Min 8 revs</u></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• One <u>forward inside</u> death spiral</li> </ul>	<ul style="list-style-type: none"> <li>• One step sequence                             <ul style="list-style-type: none"> <li>- Fully utilises the ice surface</li> </ul> </li> </ul>